

Save Your Life.

Know the Signs of Heart Attack

- Chest pressure, pain or discomfort
- Pain in arms, neck, jaw or stomach
- Sweating or nausea
- Shortness of breath
- Fatigue
- Anxiety

**Call 9-1-1
Immediately**

**“Don’t let it go ‘til
it’s too late. If I
hadn’t had my
heart checked, I
might not be
dancing anymore.”**

— Harry Three Stars

For more information, talk to
your healthcare provider.